

Procedural

Procedural memory - memories of how to do things which are acquired through practise until they become automatic - eg. Learning how to ride a bike

Semantic memory

Semantic memory - knowledge of facts. Semantic memories are not time stamped or associated with emotions. Semantic memories begin as episodic memories and then become semantic when you forget where you learnt them. Eg. That England is in the UK

Episodic memory

episodic memories - episodic memories are personal memories which are detail and emotional. Episodic memories are time stamped so you remember when they happened. Eg. Your 5th birthday party



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